

## Muscle Strengthening at the Gym (Seated Leg Press)

**(Dave Patania)**

The final leg machine is called the seated leg press.

This is one of those machines I told you about that works several muscle groups at once. It is designed to concentrate on your upper leg muscles, but it works your hip muscles and those popular gluteus muscles as well.

Sit on the machine with your back and head flush against the padded support.

Place your feet on the footplate, about hip-width apart, with your heels flat against the plate.

Check the angle of your legs. They should be at about a 90 degree angle. If the angle is too sharp, your knees will seem cramped.

Grasp the handles lightly and push the platform away, keeping your feet flat on the footplate.

Extend your knees and hips, careful not to lock your knees out at any time.

You should be pushing back a little into the seat pad while doing this.

Return the footplate back to the starting position with your feet on the platform, using a slow controlled motion. One tip -- you should do 1 set of 8 to 12 repetitions of all 3 leg activities at least 2 days per week. They each work the leg muscles differently.

But if you're rushed for time, this machine, the seated leg press, is the one you want to use because it works the thigh and hip muscles at the same time.